

## ABSTRACT

1        In a method of video messaging a transmission station  
2 (110) records a video message in digital form and transmitting  
3 it to a predetermined reception station (130). The reception  
4 station (130) stores the received video message in a  
5 nonvolatile memory (134). At a time other than reception of  
6 the video message, the reception station (130) displays the  
7 stored video message to a user. The video message may be  
8 encoded at the transmission station (110) and decoded at the  
9 reception station (130). The transmission station (110) may  
10 transmit a digital attachment file with the video message,  
11 such as a word processing document, a spreadsheet document, a  
12 digital still picture, an audio file or a video clip. The  
13 reception station (130) preferably uses a television receiver  
14 (141) to display the video message. Video messages may be  
15 archived at the reception station (130) using a video cassette  
16 recorder (143).